

Additional Resources

America on the Move

<http://www.americaonthemove.org>

American Alliance for Health, Physical Education, Recreation and Dance

<http://www.aahperd.org>

American Diabetes Association

The site for the ADA provides information related to Type 1 and Type 2 Diabetes, as well as other related areas.

<http://www.diabetes.org>

American Dietetic Association

<http://www.eatright.org>

American Heart Association

The AHA site provides information and education pertaining to heart disease and strokes, healthy diets, and physical activity.

<http://www.americanheart.org>

American School Food Service Association

<http://www.asfsa.org>

A Multicultural Approach to Physical Education: Proven Strategies for Middle and High School

– Includes 70 games and activities from 24 cultures - Publisher: Human Kinetics –

<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736038825>

BMI Calculator and Factors that Affect BMI (Calculates BMI)

– Centers for Disease Control and Prevention

<http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm>

Compulsive Overeating Information

<http://www.somethingfishy.org/whatarethey/coe.php>

Dietary Guidelines for Americans, 2000

<http://www.cnpp.usda.gov/>

Dole's Classroom Resources

- Incorporate one Five A Day event into your curriculum each month
- Conduct monthly taste tests in your classroom to help introduce students to new fruits and vegetables
- Use the Five A Day CD-ROM in your classroom
- Display colorful fruit and vegetable posters
- Hold a Nutrition Adventures
- Provides free nutrition education materials to elementary schools
- Free Dole Five A Day nutrition education materials
- Five A Day songs
- Five A Day supermarket tour

- Fruit and vegetable encyclopedia
- Dole Five A Day for Kids Web site

<http://www.dole5aday.com>

Free

Eating Disorders for People of Color

<http://www.somethingfishy.org/cultural/roles.php>

Eat Smart. Play Hard Campaign. “Power Panther”

<http://www.fns.usda.gov/eatsmartplayhard/about/overview.html>

ERIC Clearinghouse on Teaching and Teacher Education

Health, Physical Education, Recreation, and Dance Division

<http://www.ericsp.org/pages/healthpe/index.html>

Family Food Zone – National Dairy Council

<http://www.familyfoodzone.com>

Feeding Minds, Fighting Hunger (primary, middle, and high school curriculum)

<http://www.feedingminds.org>

Five A Day Fruits and Vegetables – Centers for Disease Control and Prevention

- Information
- Recipes
- Tips

<http://www.cdc.gov/nccdphp/dnpa/5aday>

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic>

Food and Nutrition Information Center: Food Guide Pyramid

<http://www.nal.usda.gov/fnic>

Food Guide Pyramid – Graphics

<http://www.nal.usda.gov/fnic>

Food Guide Pyramid

<http://www.cnpp.usda.gov>

Food Guide Pyramid for Young Children

<http://www.cnpp.usda.gov>

Generation Fit

Grades 6-12

*Evaluated program

Program to strengthen community action skills (planning, advocacy, communications). Projects related to healthy nutrition and physical activity.

- Food for Thought: Trying new recipes in your cafeteria
- Message Magic: Selling healthy eating and physical activity

- Lending a Helping Hand: Planning meals for those in need
- Team Up for Good Health: Improving habits with a partner
- Let's Get Moving: Making physical activity a priority in our community

American Cancer Society

E-mail: rita.w.miller@cancer.org

Free

Go Girls!

*Evaluated program

Improves diet and increases physical activity for low income African American girls.

Emory University

E-mail: kresnic@sph.emory.edu

Guidelines for School Health Programs to Promote Lifelong Healthy Eating – Centers for Disease Control and Prevention – The Guidelines identify effective strategies to help young people adopt and maintain a physically active lifestyle.

<http://www.cdc.gov/nccdphp/dash/guidelines/nutguide.htm>

HealthTeacher.com

Comprehensive health curriculum available through individual subscription.

<http://www.healthteacher.com>

Healthy Choices for Kids

Nutrition education program for children.

Sponsor: Washington Apple Education Foundation

Four lessons

<http://www.healthychoices.org>

Healthy Start

Grades – preschool (2-5 years)

*Evaluated program

Comprehensive health education curriculum focused on nutrition and food service programs to reduce total fat in preschool meals (30% total; 10% saturated calories). Materials include teacher's guide, classroom activities, parent materials, music tape, and 12 posters.

Sponsor: Columbia University

<http://www.healthy-start.com>

+Cost

Hope After School Nutrition Program

Grades 4-6

Program to increase physical activity and five fruits and vegetables a day. Students participate in variety of weekly nutrition education, cooking, taste-testing, and/or gardening activities.

Develop recipes. Includes family and community involvement.

E-mail: cperfect@zeus.kern.org

International Food Information Council

<http://ificinfo.health.org>

Kidnetic.com

Information about fitness, food, fun, and feelings for students, parents, and teachers.

International Food Information Council

E-mail: davenport@ific.org

LIFT America – Leadership in Fitness Training

Grades 7-12

Provides fitness equipment and curriculum to increase physical fitness and self-confidence.

Sponsor: Corporate donors through National School Fitness Foundation

<http://www.fitnessfoundation.org>

Free

Michigan Team Nutrition Booklist – Annotated list of over 300 children's books related to healthy foods and physical activity – Grades K-3.

<http://www.tn.fcs.msue.msu.edu>

Mid-Atlantic Dairy Association

Nutrition education materials for teachers.

<http://www.dairyspot.com>

Move Across America: A Patriotic Endeavor

Group of students track distance walked or run on a map from New York to San Francisco. Use digi-walkers, pedometers, and heart rate monitors.

E-mail: paulshimon@yahoo.com

National Alliance for Youth Sports

<http://www.nays.org>

National Association of State Boards of Education

<http://www.nasbe.org/healthyschools>

National Dairy Council

- Food Models
- Dairy Food Guide Pyramid
- Guide to Good Eating
- Eat the Five Food Group Way
- Sports Nutrition Pyramid
- Teacher Central – resources for teachers
- School Cafe – resources for food service professionals
- Family Food Zone - resources for families
- Kids' Zone – resources for elementary students
- Health Professionals – resources
- Importance of Calcium
- Chocolate Milk
- Importance of Breakfast

<http://www.nutritionexplorations.org>

Free

National Eating Disorders Association

Grades K-12

- General prevention and awareness materials

- Early childhood prevention packet for elementary school educators
 - Nutrition education and training: Nutrition lessons for grades 4-5
http://www.nationaleatingdisorders.org/p.asp?webpage_id=373&profile_id=43
- Cost

National Food Service Management Institute

<http://www.nfsmi.org>

National Health Education Standards – Abbreviated Version

<http://www.aahperd.org>

National Heart, Lung, and Blood Institute: BMI Calculator

BMI is used to measure healthy versus unhealthy weights. (Adult)

<http://www.nhlbisupport.com/bmi/bmicalc.htm>

National High School Athletic Coaches Association

<http://www.hscoaches.org>

National Youth Sports Safety Foundation

<http://www.nyssf.org>

Neat Solutions for Healthy Children – Resources for Nutrition and Health Educator

Books, teaching guides, and curriculum resources:

- How to Teach Nutrition to Kids
- Nutrition Activities
- Teaching Children About Food
- An Apple a Day
- In a Pumpkin Shell
- Apples, Pumpkins, and Harvest

http://www.neatsolutions.com/books/books_curriculum_prevfav.htm

+Cost

Nutritional Analysis Tool

Select foods and program analyzes content.

<http://www.nat.uiuc.edu>

Nutrition Cafe

Pacific Science Center and Washington State Dairy Council

<http://www.exhibits.pacsci.org/nutrition>

Nutrition Education in Philadelphia Public Schools

Grades K-8

*Evaluated Program

Provides comprehensive nutrition education programs throughout the school district via assembly programs, classroom presentations, hands on activities, health fairs, staff training, and social marketing.

School District of Philadelphia

E-mail: jnachman@phila.k12.pa.us

Nutrition Navigator

Tufts University

<http://www.navigator.tufts.edu>

PE Central

- Adapted Physical Education
- Best Practices Program
- The Pedometry Site
- Lesson Plans

<http://pe.central.vt.edu>

Cost

Physical Activity and Health: A Report of the U.S. Surgeon General

This report provides research on physical activity and health, including statistical data related to the inactivity of adolescents in the U.S.

<http://www.surgeongeneral.gov>

Presidential Challenge Physical Activity and Fitness Awards Program

Grades 1-12

Presidential Challenge consists of three programs – Active Lifestyle; Physical Fitness; and Health Fitness. Achieve President's Sports and Fitness Awards.

Sponsor: Indiana University

<http://www.indiana.edu/~preschal> or <http://www.fitness.gov>

Free

Principal's Pledge for Good Nutrition

Grades 6-8

Weeklong program focusing on nutrition and the need for calcium in a healthy body. Different daily activities were tied together by nutritional announcements made each day. Program coordinated by school staff. Milk consumption increased as a result of the program.

Sponsor: Midwest Dairy Council

E-mail: jmecham@bettendorf.k12.ia.us

Project Fit America

Grades K-12

Donates fitness equipment to schools to get kids physically fit by increasing their physical activity. Includes equipment, shipping, training, curriculum, challenge books.

Sponsor: Hospitals through Project Fit America

<http://www.projectfitamerica.org>

Free

Promoting Better Health for Young People Through Physical Activity and Sports

Report to the President from the Secretary of Health and Human Services and the Secretary of Education focuses on ten strategies to improve overall health and reduce obesity through participation in physical activity.

<http://www.cdc.gov/nccdphp/dash>

Recommended Dietary Intakes (RDI) – US Department of Agriculture

Recommended daily intakes for infants, children, and males and females over 11.

<http://www.nal.usda.gov>

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide – Centers for Disease Control and Prevention

<http://www.cdc.gov/nccdphp/dash/shi/index.htm>

Team Nutrition

Grades pre K-12

USDA site provides resources related to good nutrition.

Fun for Students

- Get Growing – From the Ground Up! – guidelines for gardening
- Reader's Corner – books related to food, nutrition, and physical education
- Serving Up Success! – linking classrooms with the cafeteria
- Youth Activities – nutrition education activities

<http://www.fns.usda.gov/tn/educators/scholastic.html>

10,000 Steps Program

Program to encourage individuals to increase physical activity for weight management.

<http://www.shapeup.org/10000steps.html>

U.S. Department of Agriculture

- The Center for Nutrition Policy and Promotion
<http://www.nal.usda.gov/fnic>
- Healthy School Meals Resource System
<http://schoolmeals.nal.usda.gov:8001>
- Dietary Guidelines for Americans, 2000
<http://www.cnpp.usda.gov>
- Interactive Healthy Eating Index
<http://www.cnpp.usda.gov>
- Food Guide Pyramid
<http://www.cnpp.usda.gov>
- Food Guide Pyramid for Young Children
<http://www.cnpp.usda.gov>

The Vegetarian Resource Group

<http://www.vrg.org>

VERB – It's What You Do

This site is a component of a CDC media campaign to increase physical activity.

<http://www.verbnw.com> and <http://www.verbparents.com>

Virginia Cooperative Extension

Brochures, worksheets, and information to promote healthy food choices. Also provides technical assistance.

- Eat Smart. Play Hard.
- Fit For Life: A Family Approach
 - The Milk and Meat Groups
 - Eating Your Grains
 - The Other Group
 - Breakfast

- Eating the Food Guide Pyramid Way
- Eating High Fiber Foods
- Eating Your Vegetables
- Eating Your Fruits

<http://www.ext.vt.edu>

Free

What Kids Can Do

<http://www.whatkidscando.org/home.html>

After School Programs

America on the Move

<http://www.americaonthemove.org>

Generation Fit

Grades 6-12

*Evaluated program

Program to strengthen community action skills (planning, advocacy, communications). Projects related to healthy nutrition and physical activity.

- Food for Thought: Trying new recipes in your cafeteria
- Message Magic: Selling healthy eating and physical activity
- Lending a Helping Hand: Planning meals for those in need
- Team Up for Good Health: Improving habits with a partner
- Let's Get Moving: Making physical activity a priority in our community

American Cancer Society

E-mail: rita.w.miller@cancer.org

Free

Hoops for Heart

American Heart Association - (fund-raising activity for AHA – elementary schools)

<http://www.americanheart.org>

Hope After School Nutrition Program

Grades 4-6

Program to increase physical activity and five fruits and vegetables a day. Students participate in variety of weekly nutrition education, cooking, taste-testing, and/or gardening activities.

Develop recipes. Includes family and community involvement.

E-mail: cperfect@zeus.kern.org

Jump Ropes for Heart

American Heart Association - (fund-raising activity for AHA – elementary schools)

<http://www.americanheart.org>

Keep 57

Grades K-8

Integrates exercise into lives of at-risk students five days a week. Children participate in 40 minutes before or after school exercise program. Students wear heart rate monitors and engage in 10-minute warm-up, 20-minute intensive activity, and 10-minute cool down. Activities vary and focus on fun. Also have bike hooked to Sony Play Station – must pedal bike to play the game. Have an exercise lab available to students throughout the day.

Sponsor: Wilson Central School District

E-mail: mcarr@wilson.wnyric.org or <http://www.acalogic.com>

School Funded

Kids Walk-to-School

A guide to promote walking to school.

Centers for Disease Control and Prevention

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

LIFT America – Leadership in Fitness Training

Grades 7-12

Provides fitness equipment and curriculum to increase physical fitness and self-confidence.

Sponsor: Corporate donors through National School Fitness Foundation

<http://www.fitnessfoundation.org>

Free

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions

Grades 6-8

After school program promoting healthy choices, healthy nutrition, food safety, and physical activity.

10 sessions

Sponsor: USDA – Team Nutrition

<http://www.fns.usda.gov/tn>

Free

Project Fit America

Grades K-12

Donates fitness equipment to schools to get kids physically fit by increasing their physical activity. Includes equipment, shipping, training, curriculum, and challenge books.

Sponsor: Hospitals Through Project Fit America

<http://www.projectfitamerica.org>

Free

Sun Safe Community

Grades: K-12

Promotes sun safety to prevent skin cancer. Offered during spring and summer.

Sponsor: American Cancer Society

E-mail: rita.w.miller@cancer.org

Walk to School Day

Community event to provide safe routes to school, increase physical activity, raise awareness of traffic/walking safety, and provide experience for entire family.

<http://www.michiganfitness.org/walktoschool2.html>

Cultural Influences

Culturally Sensitive Approaches to Healthy Eating and Activity: A Compilation of Resources and Strategies (Ann V. Deaton, Ph.D. and Carol Pollock, RN, MSN, FNP)

Obesity has become an issue for all sectors of our society. It is disproportionately prevalent among African Americans, Mexican Americans, and Native Americans. Socioeconomic class operates quite distinctively among these various groups. Family size is inversely related to childhood obesity. Children in large families have a lower prevalence of obesity than children in smaller families

There is no mystery to the best approaches for reducing the problem of obesity in our culture. The problem lies in how willing we are to translate what we know into what we do in our daily lives. Healthy eating, healthy activity, and a healthy attitude are all critical to our efforts.

Cultural Issues in Eating

All over the world people tend to regard their own foods and diet as sensible and the foods of other cultures as strange. Many commonly accepted foods in the U.S. diet (e.g., hamburgers, Jell-O) are disliked by those from other cultures. Yet the foods of all cultures enable a healthy diet.

Cultural diversity has become the norm in American eating. Many ethnic dishes have become mainstream in our culture, seeing a tremendous increase in familiarity, acceptance, and consumption. Looking at the diets of different ethnic groups is a good way to understand taste preferences and how diets can be modified to be healthier while still including preferred foods. The accepted U.S. food pyramid can be adapted to reflect the food preferences of differing ethnic groups. Examples on the next few pages, courtesy of the Southeastern Michigan Dietetic Association Web site, include the Arabic, Italian, Mexican, and Chinese food pyramids. A sample recipe typical of each kind of cuisine is included.

Arabic Food Pyramid

Combination Foods:

Falafel (meat, fat)

Hummus (meat, fat)

Kibbeh (meat, grain, fat)

Tabouli (vegetable, grain, fat)

Baba Ghannouj (vegetable, fat)

Pilaf (grain, fat)

Stuffed Grape Leaves (meat, grain, fat)

Shawarma (meat, grain, fat)

Tabbouleh

Eat it as a side dish..

1 1/4 cups bulgur, uncooked

1 1/4 cups boiling water

2 cups diced unpeeled tomato

1 cup raw cucumber, peeled and seeded

3/4 cup chopped fresh parsley
1/2 cup sliced green onions
2 tablespoons chopped fresh mint
1/2 teaspoon salt
1/3 cup fresh lemon juice
2 tablespoons olive oil

Combine bulgur and boiling water in large bowl. Stir well. Let stand 30 minutes or until water is absorbed. Add tomato and remaining ingredients; toss. Serve chilled.

Serves 6

Nutritional Analysis (per serving):

Calories	163
Protein	5 grams
Fat	5 grams
Carbohydrate	27 grams
Cholesterol	0 mg
Sodium	211 mg

Italian Food Pyramid

Combination Foods:

Vegetable Lasagna (starch, vegetable, fat, milk/cheese)

Spaghetti Squash Marinara (vegetable)

Spaghetti and Meat Balls (meat, starch, fat)

Mediterranean Pasta Salad

1/2 pound green beans, trimmed and cut lengthwise in half

8 ounces medium pasta shells

1 pound plum tomatoes (about 4), diced

1 cup thinly sliced red onion

1/3 cup red wine vinegar

2 tablespoons olive oil

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

12 ½-ounce can water-packed tuna, drained and flaked

1/4 cup chopped fresh basil

1. Heat a large pot of water to boiling, and cook the green beans until crisp-tender, about 3 minutes. Reserve the boiling water for the pasta and, with a slotted spoon, transfer the green beans to a colander. Rinse under cold water and drain. Cook the pasta shells in the reserved boiling water until just tender. Drain well.

2. Meanwhile, in a large bowl, combine the green beans, tomatoes, onion, vinegar, oil, salt, and pepper. Add the tuna and basil and toss to combine. Add the pasta shells and toss again. Serve immediately, or cover and refrigerate for up to four hours. Serve chilled. Spoon the pasta salad onto four plates and serve.

Serves 4

Nutritional Analysis (per serving):

Calories	435
Protein	33 grams
Fat	9 grams
Carbohydrate	56 grams
Cholesterol	33 mg
Sodium	576 mg

Mexican Food Pyramid

Combination Foods:

Guisado – Stew with Vegetables and Meat

Quesadilla – Tortilla with Meat and Cheese

Burrito – Flour tortilla with Beef, Beans, Cheese, or other fillings

Guacamole

Eat it as an appetizer.

3 medium avocados

1 small white onion 1/2 chopped

1/4 cup freshly chopped cilantro

1 mild green chili pepper finely chopped

1 small dried tomato

1 tablespoon fresh lime juice
salt and pepper to taste

Cut avocados in half, remove pit, scrape edible portion out of skin. Mash in a bowl. Add onions, cilantro, chili pepper, tomato, and lime juice. Stir until all ingredients are evenly mixed. Add salt and pepper to taste. Serve in bowl and garnish with cilantro sprig. Serve with baked tortilla chips.

Serves 4-6

Nutritional Analysis (per serving):

Calories	168
Protein	2.5 grams
Fat	13.5 grams
Carbohydrate	18 grams
Cholesterol	0 mg
Sodium	106 mg

Chinese Food Pyramid

Combination Foods:

Red Rice – Steaming glutinous rice with red beans (Meat and Grain)

Bean Curd Stick and Gluten Balls (Meat and Grain)

Stir Fried Shrimp

Eat it as a main dish.

Part 1

1/2 pound raw, shelled shrimp

1 teaspoon cooking wine or sherry

1/4 teaspoon salt

1/3 egg white

3/4 tablespoon cornstarch

1/2 cup oil for frying

Part 2

1/2 cup diced brown onion
1/2 cup diced carrot
1/4 cup diced button mushroom
1/4 cup pre-cooked green peas

Part 3

1/3 teaspoon salt
1 teaspoon cornstarch
dash of black pepper
dash of sesame oil
2 tablespoon water

Rinse and de-vein shrimp and then drain. Mix shrimp with Part 1 ingredients in the order they were listed. Make sure to mix after each addition. Before frying, add 1 tablespoon oil and mix so that the shrimp will separate easily during frying. Heat the wok then add oil for frying. Fry the shrimp over medium heat until cooked. Remove shrimp and remove oil from wok. Reheat the wok then add 2 tablespoons of oil. Stir-fry the brown onions until fragrant. Add the remaining ingredients in the order listed in Part 2 and add 2 tablespoons water. Stir-fry until the liquid has almost completely evaporated and the ingredients are cooked. Add shrimp and the ingredients in Part 3. Now turn the heat to high and stir quickly to mix. Transfer to a serving plate and serve. To save time, the ingredients in Part 2 may be pre-cooked.

Serves 6

Nutritional Analysis (per serving):

Calories	159
Protein	8.5 grams
Fat	11 grams
Carbohydrate	5 grams
Cholesterol	57 mg
Sodium	567 mg

Culture of the Family

Besides the different ethnic cultures, there are different cultures in families. What role does food play in each family's parenting and nurturing? Data suggest that obesity may be part of a family culture. When the entire family is overweight, the initial focus of our efforts should be on the parents. The parents are those with the strongest likelihood of being able to change the culture and habits of the family.

Cultural Issues in Physical Activity

Children who participate in physical activity tend to have more positive school outcomes, higher self-esteem, and better health. School-based physical education programs play a critical role in providing physical activity opportunities because they have the potential to reach virtually all children from ages 5 to 18. Well-planned and carried out, physical education programs may help to minimize the social, structural, and economic barriers of participation faced by children and youth.

Yet physical activity is decreasing in all parts of our population – urban and rural, rich and poor, male and female, and among all ethnicities. What we know is that physical activity is most easily made part of a lifestyle when it is enjoyable, accessible, affordable, safe, and rewarding. Cultural barriers to activity include the role of location (rural, urban, suburban). Urban areas may have fewer safe options for children to be outside and active. Resources in these areas include community recreation centers such as Boys and Girls Clubs, YMCA's, and after school activities at the school. Rural areas may have wide-open spaces, but few organized activities (e.g., basketball teams) and limited indoor settings for activity. For rural families, daily life may include high amounts of physical activity (e.g., agricultural farming, care of livestock); however, this lifestyle is much less common than previously. Suburban areas may be relatively safe, but may not include sidewalks or places that a child can walk to. It is common to drive everywhere (school, friends' houses, shopping, etc.).

Differences in types and levels of physical activity exist among ethnic and age groups and by gender as well. The percentage of people reporting no leisure-time physical activity is higher among women than men, higher among African Americans and Hispanics than whites, and higher among those of lower socioeconomic status. Participation in all kinds of physical activity decreases as age or grade in school increases. This decrease is more profound for girls than for boys. Compared to boys, girls are less likely to participate in team sports but more likely to participate in aerobics or dance. Girls and boys often perceive different benefits from physical activity, with boys viewing such activity as an opportunity for competition and girls as weight management. Persons with disabilities and chronic health conditions (e.g., asthma) are less likely to engage in moderate or vigorous physical activity than are people without health issues. Activity promotion efforts need to identify barriers to physical activity faced by particular population groups and develop interventions that address these barriers.

Different physical activities may be more familiar and/or more highly valued by different individuals and those of different ethnicities, both by virtue of their experiences and what is deemed as important and familiar in their culture. The best way to determine preferred and available physical activities is to ask about a child's daily activities. Do these include physical activities like walking to school, participating in team or individual sports, biking to friend's houses, participating in an activities-based after school program, working on a farm, etc.? In addition, it's useful to know about sedentary activities that may compete for the child's time and attention, such as television watching, video game playing, computer usage, and reading.

Increasing physical activity usually requires that the activity be motivating, enjoyable, safe, and affordable, and that the barriers to participation be minimal.

Family, school, peers, and social marketing all give children clues about what activities are desirable. When a school system cancels Physical Education to have an assembly, the message may be that PE is not that important. When a family chooses to vacation at the beach and swim each day, a child gets a message that being physically active is a good way to relax and enjoy yourself. When commercials show friends eating huge meals at a fast food place after seeing a movie, the unspoken message may be that sedentary activities are valued and that food intake doesn't need to be related to energy output. When an adolescent's girlfriends all join the school Step Dancing team, the message is that activity is a good social outlet.

Having a physical culture – developing an environment of supports for being physically active – involves having friends and family members who are active with you, access to physical activity, and valuing physical activity. It also requires reducing the barriers. Some of these are specific to culture. Examples may include the view of a religious group about a girl's appropriate dress and how their views conflict with her participation in a team sport such as basketball or soccer where large parts of the body are not covered by clothes. It may include the effect of exercise on various hair types, and the use of protective sports equipment such as helmets with various hairstyles. Again, the only way to become aware of these barriers is to ask.

Cultural Issues in Attitude

Desirable body types vary across cultures. Some groups (e.g., adolescent girls) overestimate the degree of thinness that is healthy; other groups fail to recognize a degree of overweight that may be unhealthy. Social marketing strategies target the interests and preferences of different groups to manipulate attitudes, often with very negative consequences for healthy lifestyles.

Culturally Sensitive Strategies for Reducing Barriers to Healthy Lifestyles

Food:

- Limit intake of sodas and juice
- Limit fast foods
- Promote fruits and vegetables
- If milk is part of the diet, promote use of non-fat milk.
- Aim for healthy eating most of the time. Recognize that occasionally eating high fat, high sugar foods is OK, but at every meal can be too much.

Physical activity:

- Include physical activity in each day
- Make more active activity choices when the option exists (e.g., taking the stairs instead of elevator, walk to school instead of taking bus)
- Start out slowly and work your way up to a higher level of activity.
- Vary your activities, both for interest and to broaden the range of benefits. Explore new physical activities.
- Do physical activity for enjoyment. To get the most out of fitness, you have to stay with it; to stay with it you have to enjoy it.

Attitude:

- Reward and acknowledge your efforts.

- Offer praise related to effort and improvement to improve self-esteem.
- View incremental change as possible
- Identify supports for enabling/supporting healthy lifestyle

Resources

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Web sites

<http://monarch.gsu.edu/nutrition/download.htm>

American version of food guide pyramids translated into 37 different languages

<http://www.semda.org/info/#pyramid>

Food guide pyramids from different cultures featuring foods of each culture

http://www.humankinetics.com/courses/alevelpe/pdf/Ch6_1_focus.pdf

Information about the body and cultural issues

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

The Centers for Disease Control Web site on healthy eating and activity

Gardens at Schools

A Garden in Every School

Grades K-12

Students grow fresh foods; learn to make healthier food choices, and gain a greater appreciation for the environment and the community.

Sponsors: Multiple organizations

http://www.cde.ca.gov/nsd/nets/g_index.htm

America the Beautiful Fund

Site to obtain free seeds.

<http://www.america-the-beautiful.org/html/abf>

CyberBee: How Does Your Garden Grow?

Information about constructing a school garden. Lists of where to buy seeds.

<http://www.infoday.com/mmschools/mar01/cybe0103.htm>

Garden.Com

Design a garden online.

<http://www.garden.com>

Free

Hammond Educational Foundation

Mini grants to classroom teachers

<http://hammond.k12.in.us/hef/mgrants.html>

Kids Gardening

Tips and activities to start a garden. Garden in Every School Registry.

Sponsor: National Gardening Association

<http://www.kidsgardening.com>

National Gardening Association

Awards 'Youth Garden Grants.' Includes tools, seeds, and garden products.

<http://www.kidsgardening.com/grants.asp>

Planting Gardens, Growing Minds: Integrating Gardening

Grades K-5

Integrate gardening and nutrition to increase consumption of fruits and vegetables. Students plant, tend, and harvest their own foods. Also identify and taste many fruits, vegetables, and whole grains.

Funded through Tennessee Farm Bureau

E-mail: wilsonm9@k12th.net

Team Nutrition

Grades pre K-12

USDA site provides resources related to good nutrition.

Fun for Students

- Get Growing – From the Ground Up! – guidelines for gardening
- Reader's Corner – books related to food, nutrition, and physical education

- Serving Up Success! – linking classrooms with the cafeteria
- Youth Activities – nutrition education activities

<http://www.fns.usda.gov/tn/educators/scholastic.html>

Virginia Agriculture in the Classroom

Grades K-5

Provides hands-on activities to increase understanding of agriculture. Correlated with SOL objectives.

<http://www.agintheclass.org>

Free

Web Sites for Students

BAM! Body and Mind

CDC Web site created to answer questions from students on health issues to make their bodies and minds healthy and strong.

<http://www.bam.gov>

California Asparagus for Kids

<http://www.calasparagus.com/consumer/kids.htm>

Chiquita Kids

<http://www.chiquitakids.com>

Del Monte Kid Zone

<http://www.freshdelmonte.com/content.cfm?pageID=74>

Dole Five A Day Kids

- Five A Day Detective Game
- Fruit and Vegetable Encyclopedia
- Reference Center
- Fruit and Vegetable Nutrition Center
- Phytochemicals Overview
- Five A Day Friends
- Five A Day Fun
- Fun with Fruits and Vegetables Kids Cookbook
- Jammin' Five A Day
- Salad Factory

<http://www.dole5aday.com>

Dole Five A Day Snack Man Challenge

<http://www.dole5aday.com>

FDA Kids' Home Page

Students 9-12

Interactive human skeleton and medicine cabinet word search.

<http://www.fda.gov/oc/opacom/kids>

Fruit and Vegetables for Me

<http://www.fandvforme.com.au>

Healthy Choices for Kids

<http://www.healthychoices.org>

Interactive Healthy Eating Index – Center for Nutrition Policy and Promotion

Free dietary assessment tool. Able to keep 20-day food log. Tool analyzes your daily and cumulative diet. Provides information about nutrient intake, how your intake compares with the food pyramid, and gives healthy eating index score and ideas to improve your diet.

<http://147.208.9.133>

Kidnetic

Interactive Web site for ages 9-13 providing healthy eating and active living information for students and parents.

<http://www.kidnetic.com>

Kids Health

Food Guide Pyramid, food labels, eating disorders, and sports nutrition

<http://www.kidshealth.org/kid>

Kids' Zone

Interactive Web site for elementary students to learn about nutrition. Includes games and contests.

American Dairy Council

<http://whymilk.com>

Milk: Where's Your Mustache?

Interactive Club Milk; games contests; nutrition and fitness advice; milk-based recipes; and milk mustache screen saver.

<http://www.whymilk.com>

Nutrition Analysis Tool (NAT) Energy Calculator

Free program to determine how much physical activity is needed to lose weight.

University of Illinois

<http://www.nat.uiuc.edu/energy>

Nutrition Cafe

Pacific Science Center

<http://www.exhibits.pacsci.org/nutrition>

Nutrition Grape

<http://www.exhibits.pacsci.org/nutrition/grape/grape.html>

Nutrition Sleuth

<http://www.exhibits.pacsci.org/nutrition/sleuth/sleuth.html>

Sunkist Kids

<http://www.sunkist.com/kids>

VERB It's What You Do.

CDC Web site to encourage ages 9-13 to increase physical activity and have fun. Multi-media.

<http://www.verbnow.com>

<http://www.verbparents.com>